



Therapeutic Recreation

“Bridging the Gap in Therapeutic Programming”

Program Guide



Theresa Gray-Jacobs, CTRS, MPA

Superintendent of Therapeutic Recreation

Princess Park

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Table of Contents

- I. Therapeutic Recreation Mission Statement
- II. Adaptive Sports Program Mission Statement
- III. Staff
- IV. Adaptive Day Program Sites/Times
- V. Therapeutic Program Activities
- VI. Benefits of Therapeutic Recreation
- VII. SPAR Policy Procedures
 - Absentee Policy
 - Disciplinary Policy
 - First Aid Policy
 - Community Outing Policy
 - Arrival Policy
 - Dress Code Policy
- VIII. Area of focus in Therapeutic Recreation





Therapeutic Recreation Division
Shreveport, Louisiana



THERAPEUTIC RECREATION DIVISION MISSION STATEMENT

The mission of the Therapeutic Recreation Division is to meet the needs of the physically, mentally and socially challenged individuals, as well as, the general population, focusing on reintegrating, restoring and increasing leisure skills, leisure awareness and leisure participation.

Goals and Objective

The general goal of this program is to increase public awareness, improve the quality of life and promote social interaction.



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SPAR'S ADAPTIVE SPORTS PROGRAM

Mission Statement

The purpose of SPAR's adaptive sports program is to provide diversified innovative sports that encourages individuals with disabilities of all ages to participate in sports that increase hand-eye coordination, strength and endurance as well as the quality of life by developing good sportsmanship skills, teambuilding skills and character in a therapeutic recreation environment.

Participants will participate in sports such as adaptive tennis, adaptive golf, adaptive basketball, softball and kickball.

Program Goals and Objectives

- To ensure excellence through performance development and technical leadership.**
- Participants will learn vital team skills.**
- To expand participants interpersonal relationships and social skills.**
- Build participants self-esteem and self-confidence.**
- Participants will develop trust, learn acceptable behaviors and sharpen cognitive skills.**
- Increase participant's physical abilities, strength, endurance, and range of motion.**



Therapeutic Recreation Staff

A large, faint background illustration occupies the center of the page. It depicts four items: a yellow basketball on the left, an orange football on the right, a white baseball with red stitching in the center, and a blue stethoscope at the bottom right.

Theresa Gray-Jacobs
Superintendent of Therapeutic Recreation

Yolanda Bumcon
Therapeutic Recreation Supervisor

Andrew Walker
Therapeutic Recreation Specialist

Derrell Thrash
Therapeutic Recreation Specialist



Shreveport Public Assembly and Recreation
Therapeutic Division

"Bridging the Gap in Therapeutic Programming"



Come out and enjoy our Therapeutic Adaptive Day Programs:

Princess Park Community Center

931 Baker Street
Monday- Friday
8:30am-2:30pm

Airport Park Community Park

6500 Kennedy Drive
Tuesday
9:00am-12:00 noon

Lakeside Community Center

2200 Milam Street
Wednesday
9:00am-12:00 noon
(Veterans' Only Program)

David Raines Community Center

2920 Round Grove Lane
Wednesdays
9:00am-12:00noon
(Arc of Caddo-Bossier)



The program consist of: Cognitive stimulation, arts-n-Crafts, community outing, monthly socials, cooking classes, ceramics, adaptive golf, musical fitness, computer Class, tennis, modified sports, relaxation therapy, aroma therapy and much more!!!

For additional information, please contact:

Theresa Gray-Jacobs Superintendent of Therapeutic Recreation at 673-7873

Yolanda Bumcon, Therapeutic Recreation Supervisor at 213-0435

www.myspar.org Click on: Therapeutic Recreation

Therapeutic Program Activities

Dodge ball ~ Bingo ~ Swimming ~ Water Balloon Fun ~ Golf

Computer Classes ~ Arts-n-crafts ~ Picnics ~ Tennis ~ Buka Ball

Fun Days ~ Movie Day ~ Broom Hockey ~ Relaxation Therapy

Relays ~ Soccer ~ Ice Breakers ~ Ping Pong ~ Billiards ~ Dances

Table Games ~ The Maze ~ Exercise ~ Guest Speakers ~ Cooking

Cooking ~ Obstacle Course ~ Softball ~ Basketball ~ Volleyball

Aroma Therapy ~ Reality Orientation ~ Social Interaction

Reminisce Therapy ~ Water Aerobics ~ Therapeutic Workshop



SPAR Therapeutic Recreation Program Shreveport, Louisiana



THERAPEUTIC RECREATION: THE BENEFITS ARE ENDLESS...

Heighten Self-Awareness. Sharpen Cognitive Skills. Reduce Heart and Lung Risk. Increase Short and Long Term Memory. Decrease Confusion. Elevate Emotional Well-Being. **Reduce Anxiety.**

Improve ways of Coping. **Reduce Stress.** Enhance Self Control. **PROMOTE ADJUSTMENT TO**

DISABILITY. Strength Psychological Well-Being. **Build Self-Esteem.** Develop Trust. **Reach Development**

Goals. *Expand Interpersonal Relationships.* **Enhance Communication Skills.** Promote Community

Integration. Increase Life and Leisure Satisfaction. Prevent Secondary Health Problems. **Reduce**

Depression. Prevent Decline in Health Status. Enhance Quality of Life. *Reduce Long-Term Hospital*

Stays. **BUILD FAMILY UNITY. TEACH VITAL LIFE SKILLS. Minimize Health Care Costs.**

INCREASE PHYSICAL CONDITIONING. Expand Support Network. *Learn Acceptable Behaviors.*

Enhance Independent Living Skills. **Increase Self-Reliance.** Improve

Cardiovascular Functioning. **Avoid Unnecessary Medical Care.** Maintain

Productivity. Contribute to Overall Health. **ENHANCE BODY IMAGE.** Address Psychosocial Needs.

INCREASE STRENGTH AND ENDURANCE. Acquire Knowledge and Skills. *Manage Chronic Illness.*

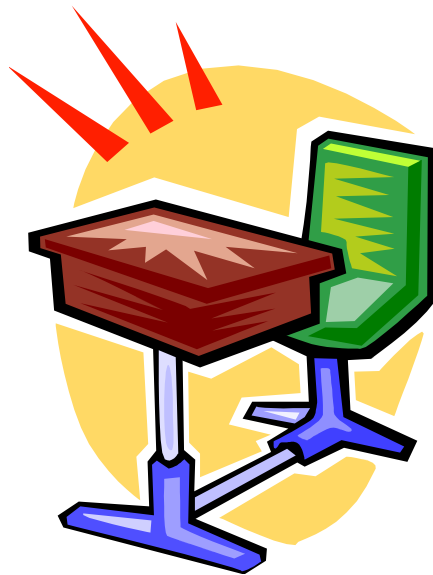
Expand Range of Motion. *Improve Coordination.* Decrease Social Isolation. **Enhance**

Decision-Making.



Therapeutic Recreation Absentee Policy

The City of Shreveport absentee policy states that if any participant misses three consecutive days unexcused or without contacting staff, the participant will lose their space in the Therapeutic Adaptive Program.





Therapeutic Recreation

Please remember the Therapeutic Recreation Adaptive Program is a privilege. We must provide an atmosphere which is conducive to safety and appropriate behavior. Maintaining proper conduct while in the Therapeutic Recreation Adaptive Program is the joint responsibility of the participant, parents, and Therapeutic Recreation Staff. Together we can make this a great and enjoyable atmosphere for everyone involved.

I, the undersigned parent or guardian of _____,
(Participant's name), so hereby state that I have read and received a copy of the Therapeutic Recreation Discipline Policy.

Parent or guardian signature: _____ Date _____

Participant signature: _____ Date _____

Thank you for your support!

cc. A copy of this form will be provided to parent and/or guardian



Therapeutic Recreation Disciplinary Policy

1. POLICY STATEMENT

To maintain good discipline, our Therapeutic Recreation Programs places great emphasis on positive relationships between participants, staff and parents. Discipline may take the form of “time-out” which involves the isolation of a participant from the group until he/she is capable of functioning in an acceptable manner. Corporal punishment, sarcasm, and yelling by the staff are not acceptable means of disciplining participants in the program. Good behavior is rewarded with praise and positive reinforcement. **Parents** are asked to **encourage** their son and /or daughter to follow all rules established by the staff.

2. DISCIPLINARY PROCEDURES

Clients who exhibit unacceptable behavior will immediately be disciplined by the Therapeutic Recreation Staff. If more serious disciplinary action is warranted, the parent/guardian will be notified. In such cases, the following procedure will be determined:

- Time-out and conference with client
- Notify parents, conference with parent, staff and camper
- Suspension from the program
- Termination from the program

******NOTE: In cases of a severe discipline problem, the parent/guardian will be notified immediately. A client dismissal from the program will occur at any time when: A client's behavior is detrimental to his/her own well being or tot the well being of others or the client willfully and persistently violates the rules of the program.**

The program reserves the right not to allow a client to participate in any activity such as field trips, arts-n-crafts, music and dance, etc...if there is a discipline problem with that individual.



FIRST AID AND MEDICATION POLICY

For cuts or scratches, we will apply water, ice and ban-aid. If a more serious injury occurs, you will be notified immediately. Fire Rescue will be called if necessary. If Fire Rescue is called, we are required to follow the policies and procedures of the Shreveport Fire Department.

If medication is required during program hours. The program supervisor is required to hold all medications (including aspirin and cough drops) until participant need to take it. All participants must be able to administer the medication by themselves or their parent and/or guardian can distribute it @ the program site. We are not permitted to give any medication to your child.

Medication required during program hours?

Yes ____ or No ____

I, the undersigned (parent and/or guardian) of _____ so hereby state that I have read and received a copy of the SPAR'S First Aid and medication policy.

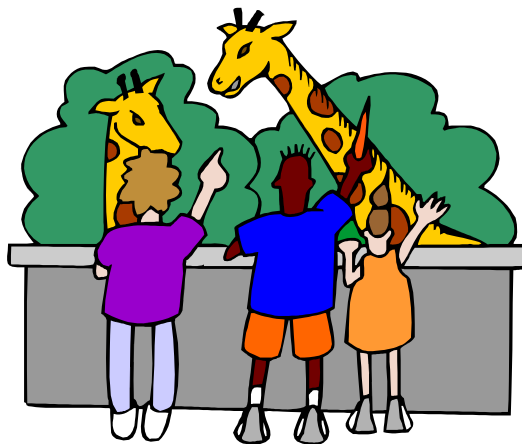
Parent or guardian signature

Date



Therapeutic Recreation Community Reintegration Policy

Please do not send community outing fees in advance until the day of the outing. The City of Shreveport does not allow staff to hold monies; however staff will be able to assist participants with their funds during community outing.





Dress Code Policy

The City of Shreveport policy states that all SPAR participants must wear sneakers or sandals that have straps, no flip flops to recreational programs.





Area s of Focus in Recreation Therapy

- **Increase self-expression verbalization**
- **Increase Cognitive skills**
- **Increase recreation participation**
- **Increase social skills**
- **Increase interaction skills**
- **Increase coordination dexterity**
- **Increase self-esteem**
- **Increase self-confidence**
- **Increase ADL skills**
- **Increase activity tolerance**
- **Increase leisure skills**
- **Increase community resource education**
- **Increase strength and endurance**
- **Increase L/R side awareness**
- **Increase memory skills**
- **Increase leisure education/leisure counseling**
- **Increase balance**
- **Increase reality orientation**
- **Increase alertness**
- **Decrease depression**
- **Decrease altered thoughts**
- **Decrease anxiety**
- **Decrease delusions**
- **Decrease paranoia**
- **Decrease anger**